

20 Ways to Find Calm Again at Night

1 Text or call a friend



2 Do some deep breathing



3 Write a gratitude letter



4 Listen to relaxing music



6 Take time for self-care - have a shower or bath



7 Read a pukapuka



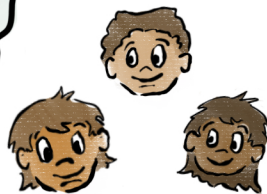
5 Make your favorite hot drink



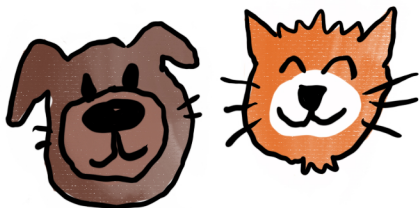
8 Watch a movie



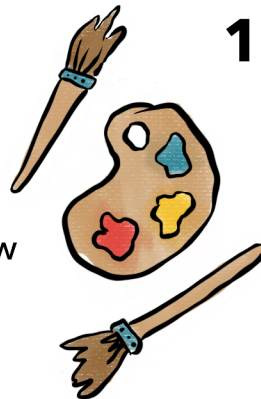
9 Sit or play with your pet



10 Connect with whānau



12 Get creative - do some art, colouring, try something new like crochet



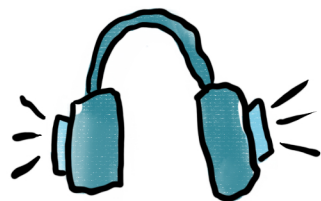
11 Think about things you're looking forward to or start to plan it

13 Try a mindfulness meditation



16 Practice positive affirmations

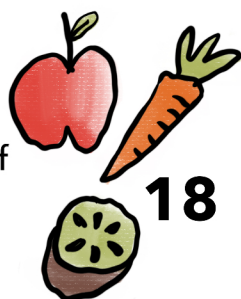
14 Do some yoga



Listen to a podcast or audiobook

15

Eat some kai mindfully



19 Play a game you love



20 Make a plan for tomorrow so it's super sorted



17
Lie down, close your eyes and imagine yourself somewhere calm. What would you feel? Hear? Smell? See?